

# laura henry

# harrogate yoga

for well-being in mind, body and soul

## Beginners Introduction to Yoga

**At** The basement studio, 78 Duchy Road, Harrogate, HG1 2HA

**Dates** Wednesdays November 6<sup>th</sup> – December 18<sup>th</sup>

**Times** 5.30 – 6.45pm

**Cost** £70

Early Bird offer:  
£65 for bookings  
before  
October 5th

The classes introduce the basics of yoga, including breath awareness and gentle warming up exercises - gradually leading to more challenging movements. This course prepares you for continuation to more advanced classes. By continuing with yoga classes and cultivating home practice – your body will become stronger and more supple, so movement will become more pleasurable. As you learn to breathe with more ease, you will sleep better and deal with stress better, helping you towards a happier, healthier life.

This is what Clare Harris and Liz Rainey said about Laura's teaching: "Our yoga sessions are always thoroughly relaxing and therapeutic. Laura structures and adapts the sessions to meet people's varying needs, and makes you feel really welcome and at ease."

Wear stretchy, non-restrictive clothing and avoid eating for 2 hours before coming to class. On street parking is available. The studio is in a residential area, please be considerate of our neighbours. Please come straight to the basement studio, which will be open from 5.20pm.

For more information email: [laura.m.henry@outlook.com](mailto:laura.m.henry@outlook.com) or ring 07740 457769

### Terms and conditions

The classes constitute a course therefore the full amount is due, including when classes are not attended. Fees are non-refundable.

## Booking Form Beginners Course

In order to book your place for the next course, complete the form below and make payment to Laura Henry. Email [laura.m.henry@outlook.com](mailto:laura.m.henry@outlook.com) or ring 07740 457769 to get details for making a BACS payment.

Name.....

Address.....

Tel no..... email.....

How did you hear about this course?.....